


Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Adult Wellness Center</div><div>Open Monday through Friday</div><div>7:00AM through 7:00PM</div><div>Saturdays 8:00AM-12:00PM</div><div>Phone: 479-631-3333</div><div>Fax: 479-986-6803</div><div>Website:</div><div>www.rogersarkansas.com/wellnesscenter</div></div>	1 8:15 Zumba* 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle 5:30 Summer Zumba	2 9:30 Open Dominos 1:00 Bridge Club 1:00 Parkinson’s Support Group 1:00 Crochet Together 1:00 Quilting Club 5:00 Line Dancing	3 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 5:30 Summer Zumba*	4  Closed for Independence Day
7 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 5:30 Ballroom Dancing*	8 8:15 Zumba* 10:00 Guitar Lessons* 10:00 Open Loom Knitting 11:00-1:00 Computer Q & A 12:00 Duplicate Bridge 1:00 Hand Felt Applique* 1:00 Pickin’ Circle 5:30 Summer Zumba*	9 9:30 Open Dominos 11:30 Red Hats Nostalgia Party 12:00 Northwest Lunch & Learn: Dr. Kristin Bosc* 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing	10 8:15 Zumba* 10:00 Open Woodcarving 11:00 Garden Volunteer Meeting 12:00 Open Mah Jongg 1:00 Cabochon Jewelry Making* 1:00 Lifewriting 1:00 Open Hand & Foot 5:30 Summer Zumba	11 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Colored Pencil Drawing* 1:30 Pinochle Lessons* 3:00 Pinochle
14 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:30 First Thoughts Writing Group 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 5:30 Ballroom Dancing*	15 8:15 Zumba* 10:00 Guitar Lessons* 10:00-12:00 Health & Fitness Screening 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle 5:30 Summer Zumba*	16 1:00-6:00 Book Sale 9:30 Open Dominos 10:00-2:00 Wood Turning Demo 11:00 Boost Up Your Nutrition* 1:00 Bridge Club 1:00 Crochet Together 1:00 Quilting Club 5:00 Line Dancing	17 8:00-6:00 Book Sale 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Bunco 1:00 Lifewriting 1:00 Open Hand & Foot 5:30 Summer Zumba*	18 8:00-6:00 Book Sale 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Colored Pencil Drawing* 1:30 Pinochle Lessons* 3:00 Pinochle
21 9:00-11:00 Line Dancing 10:00 Lighthouse Meeting 10:00 Mah Jongg Lessons* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 5:30 Ballroom Dancing*	22 8:15 Zumba* 11:00-1:00 Computer Q & A 10:00 Guitar Lessons* 10:00 Open Loom Knitting 12:00 Duplicate Bridge 12:30 Flower Tote Basket Class* 1:00 Pickin’ Circle 5:30 Summer Zumba*	23 9:30 Open Dominos 11:00 Shots: They’re Not Just For Kids— Immunizations and Medicare 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing	24 8:15 Zumba* 10:00 Open Woodcarving 11:00 Online Publishing and You* 12:00 Open Mah Jongg 1:00 Cabochon Jewelry Making* 1:00 Lifewriting 1:00 Open Hand & Foot 5:30 Summer Zumba*	25 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Colored Pencil Drawing* 1:30 Pinochle Lessons* 3:00 Pinochle
28 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:30 First Thoughts Writing Group 11:00 Lunch & Learn with Elderlaw Attorney Todd Whatley* 12:30 Pinochle/1:00 Open Dominos 1:00 Open Mah Jongg 5:30 Ballroom Dancing*	29 8:15 Zumba* 10:00 Guitar Lessons* 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle 2:00 Book Club 5:30 Summer Zumba*	30 9:30 Open Dominos 1:00 Bridge Club 1:00 Crochet Together 1:00 Medicare Q & A* 5:00 Line Dancing	31 8:15 Zumba* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot 5:30 Summer Zumba*	<div>Saturday Zumba 8:15 AM Dining Room</div>

ADULT WELLNESS JULY CLASS & ACTIVITY SCHEDULE

Ballroom Dancing M 5:30-6:30pm Dining Room
Dance lessons with Jerry Kendrick of Dance & Swing.
No partner needed. Class fee \$25. Please register by July 3rd.

Bingo F 1pm-2:30pm Game Room B
Book Club July 29th 2pm-3:30pm Poolside Room
Meet to discuss a monthly book and pick the next one.

Book Sale July 16th 1pm-6pm, July 17th & 18th 8am-6pm, & July 19th 8am-12pm Board Room
Come and browse through a large selection of used books, magazines, DVD’s, cassette tapes, and CD’s.
Proceeds from the sale will benefit the AWC.
Boost Up Your Nutrition July 16th 11am Game Room A
Jane Manaserri will discuss how to add nutrition to your daily routine without making drastic diet changes. Please register by July 14th.

Bridge Club W 1pm Game Room B
Bunco July 17th 1pm Game Room A
Everyone welcome. Cost is \$2. Have a chance to win gift certificates.
Cabochon Jewelry Making July 10th & 24th 1pm Demo Kitchen
Suzanne Guinn will instruct this class on making your own polymer cabochon pendant. All supplies included. Class fee \$35.
Please register by July 7th.
Caregiver Support Group July 17th 10am-11:30am Multipurpose Room Encouragement & support for caregivers.
Facilitated by Home Instead.

Colored Pencil Drawing F 1:00pm Art Room
Sandra Woodruff will teach this class on the basics of colored pencil drawing. Class fee \$20. Supply list available at front. Please register by July 9th. (please note this is a 4-session class and ends Aug. 1st)

Computer Q & A July 8th & 22nd 11am-1pm Board Room
Got a computer, tablet, or phone question you need answered?
Come and visit with computer instructors Mike and Donna Simmons and they’ll help you figure it out!

Crochet Together W 1pm Multipurpose Room
Duplicate Bridge T 12-4pm Game Room B
Duplicate Bridge F 12-4pm Game Room A

First Thoughts Writing Group July 14th & 28th 10:30am Art Room
Sandra Woodruff will facilitate this writing group to encourage writing of any style. Any level of writing is welcome and beginners are encouraged to participate.
Garden Volunteer Meeting July 10th 11am Multipurpose Room
Our garden is beautiful through the year because of our hard working volunteers. New volunteers always welcome.

Guitar Lessons T 10am-12pm Starts July 8th Dining Room
Come and learn the basics of guitar with Mike Haley, Larry Hicks, and Ruth Everhart. 4 two-hour sessions. \$45 class fee.
Please register at front desk by July 3rd.

Flower Tote Basket July 22nd 12:30pm Art Room
Debbie Hurd will instruct making a Flower Tote Basket. Class is \$5 with an additional \$28 payable to instructor for supplies.
Please register by July 17th.
Hand Felt Applique July 8th 1pm Art Room
Sara Paschal leads this class teaching this applique technique. Supplies provided. Class fee \$10. Please register by July 3rd.
Health & Fitness Screening July 15th 10am-12pm Board Room
Come and have your blood pressure, weight, & BMI tested. This free screening is provided by Elite Home Health.
Lifewriting TH 1pm-3pm Multipurpose Room
Join others who are writing the stories of life: one’s own reminiscences or memories of community, friends, or family. New enrollees are always welcome and can contact June Jefferson, facilitator, at 790-2588 or jjefferson@arkansasusa.com.
Lighthouse Meeting July 21st 10am Game Room A
This is a quarterly get together for those who enjoy lighthouses to share and discuss them.
Line Dancing M F 9am-11am & W 5pm Dining Room
No registration is required. 9-10 Beginner, 10-11 Advanced.

Lunch & Learn with Elderlaw Attorney Todd Whatley July 28th 11am Dining Room Attorney Todd Whatley gives information on the relationship between resources and becoming eligible for assistance to pay for care in the future. Please register by July 23rd.
Mah Jongg Lessons M 10am-12pm Multipurpose Room
Learn how to play this popular Chinese tile game. Class fee \$10. Please register by July 3rd.
Medicare Q & A July 30th 1pm Game Room A
Medicare benefits can sometimes be confusing to sort through. Misty Burkes with Humana will facilitate this session to help answer various questions you may have about coverage. Please register by July 28th.
Member Meeting July 31st 10am Game Room A
If you have any suggestions or questions about the AWC, this is the perfect time to stop by and let us know.
Northwest Lunch & Learn: Dr. Kristin Bosc July 9th 12pm Dining Room Dr. Bosc will discuss memory retention. Please register by July 7th.
Online Publishing and You July 24th 11am Game Room A
Have you ever wondered about getting your writing published? Joneen Copeland will lead this free workshop about online publishing. Please feel free to bring your own laptop to follow along if you like. Please register by July 21st.

Open Dominos M 1pm–3:30pm Demo Kitchen
Open Dominos W 9:30am-12pm Demo Kitchen
Open Hand & Foot TH 1pm-4pm Demo Kitchen
Open Loom Knitting T 10am-12pm Art Room
Open Mah Jongg M 1pm-4pm Multipurpose Room
Open Mah Jongg TH 12:00pm-4pm Board Rm
Open Scrapbooking F 9am-12pm Art Room
Open Woodcarving TH 10am-12pm Art Room

Parkinson’s Support Group July 2nd 1pm Dining Room
Missy Walker of Mercy facilitates this support group for patients with Parkinson’s Disease and their families.
Pickin’ Circle T 1pm Dining Room
If you play a stringed instrument or enjoy music, please stop by the pickin’ circle. New faces always welcome to play or listen!


Pinochle M 12:30pm–3:30pm Game Room B
Pinochle F 3pm-6pm Game Room B
Pinochle Lessons Fridays 1:30pm-2:30pm Board Room
Learn the basics to playing Pinochle. Class is free.
Register by July 9th. Instructed by Margot Tarcikowski.

Quilting Club July 2nd & 16th 1pm Art & Crafts Room

Red Hats Nostalgia Party July 9th 11:30am Game Room A
We will play a game with the baby pictures you previously gave to Bonnie. Also bring an antique, keepsake, memoir, or something from your past, and we will take turns telling the history behind them—a walk down memory lane. Our potluck will consist of a favorite recipe that your Momma used to make.

Shots: They’re Not Just for Kids - Immunizations & Medicare July 23rd 11am Game Room A Learn about immunizations for adults and Medicare coverage from Kip Allen and Helen Sander-son from Walgreens
Summer Zumba T/Th 5:30pm Dining Room
We’re happy to offer this session for summer. Lauryn Blanton is here for the summer to teach afternoon Zumba again! Come enjoy an afternoon session to end your day with a fun workout! Class fee \$25.

Wood Turning Demo July 16th 10:00am-2:00pm
Wood Turning is a beautiful medium of art. See local wood turners demonstrate at the AWC.
Zumba T&TH 8:15am Saturdays at 8:15am Dining Room
Led by Lilia Gamez, Zumba uses latin music and dance for a fun, effective workout. Class fee is \$25 for T/TH and \$15 for Saturdays.

August 2014					*Registration Required/Calendar Revised 7/17/2014				
Monday	Tuesday	Wednesday	Thursday	Friday					
<div>Adult Wellness Center Phone: 479-631-3333 Fax: 479-986-6803 Website: rogersarkansas.com wellnesscenter</div>		<div>AWC HOURS: Open Monday through Friday 7AM to 7PM and Saturdays 8AM-12PM</div>	<div>Saturday Zumba 8:15 AM Dining Room</div>	<div>1 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 10:00 Beginning Genealogy* 12:00 Duplicate Bridge 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle</div>					
<div>4 9:00-11:00 Line Dancing 10:00 - 2:00 Blood Drive 10:00 Mah Jongg Lessons* 12:30 Pinochle/1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*</div>	<div>5 8:15 Zumba* 10:00 Open Loom Knitting 11:00 Women & Investing Lunch & Learn* 12:00 Duplicate Bridge 1:00 Pickin’ Circle</div>	<div>6 9:30 Open Dominos 1:00 Bridge Club 1:00 Crochet Together 1:00 Parkinson’s Support Group 1:00 Quilting Club 5:00 Line Dancing</div>	<div>7 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot</div>	<div>8 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:00 Japanese Watercolor Painting Class* 1:30 Pinochle Lessons* 3:00 Pinochle</div>					
<div>11 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:30 First Thoughts Writing Group 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*</div>	<div>12 8:15 Zumba* 10:00 Open Loom Knitting 11:00-1:00 Computer Q & A* 12:00 Duplicate Bridge 1:00 Handmade Card Class* 1:00 Pickin’ Circle</div>	<div>13 9:30 Open Dominos 11:30 Red Hats Tontitown Winery Tour 12:00 Northwest Lunch & Learn: Dr. Danielle Richards* 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing</div>	<div>14 8:15 Zumba* 10:00 Open Woodcarving 11:00 Garden Volunteer Meeting 12:00 Open Mah Jongg 1:00 Jewelry Making: Autumn Leaves* 1:00 Lifewriting 1:00 Open Hand & Foot</div>	<div>15 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 10:00 Beginning Genealogy* 12:00 Duplicate Bridge 1:00 Bingo 1:00 Japanese Watercolor Painting Class* 1:30 Pinochle Lessons* 3:00 Pinochle</div>					
<div>18 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*</div>	<div>19 8:15 Zumba* 10:00-12:00 Health & Fitness Screening 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle 4:00 Intro to Improv*</div>	<div>20 9:30 Open Dominos 12:00 Mercy Lunch & Learn: Dr. Gannon Randolph* 1:00 Bridge Club 1:00 Crochet Together 1:00 Quilting Club 5:00 Line Dancing</div>	<div>21 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 11:00 Age of Champions Movie* 12:00 Open Mah Jongg 1:00 Bunco 1:00 Lifewriting 1:00 Open Hand & Foot</div>	<div>22 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 10:00 Beginning Genealogy* 12:00 Duplicate Bridge 1:00 Bingo 1:00 Japanese Watercolor Painting Class* 1:30 Pinochle Lessons* 3:00 Pinochle</div>					
<div>25 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:30 First Thoughts Writing Group 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*</div>	<div>26 8:15 Zumba* 10:00 Open Loom Knitting 11:00-1:00 Computer Q & A 12:30 Open Basket Weaving* 12:00 Duplicate Bridge 1:00 Pickin’ Circle 2:00 Book Club</div>	<div>27 9:30 Open Dominos 11:00 New to Medicare Lunch & Learn* 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing</div>	<div>28 8:15 Zumba* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot</div>	<div>29 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 10:00 Beginning Genealogy* 12:00 Duplicate Bridge 1:00 Bingo 1:00 Japanese Watercolor Painting Class* 1:30 Pinochle Lessons* 3:00 Pinochle</div>					

ADULT WELLNESS CENTER AUGUST CLASS & ACTIVITY SCHEDULE

Age of Champions Movie Aug 21st 11am Game Room A
Age of Champions is the award-winning documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100 year-old tennis champion, 86 year-old pole-vaulter, and rough-and-tumble basketball grandmothers as they discover the power of the human spirit and triumph over the limitations of age. This fun afternoon event is sponsored by Healthways Silver Sneakers and Humana.

Ballroom Dancing M 5:30-6:30pm Dining Room
Dance lessons with Jerry Kendrick of Dance & Swing.
No partner needed. Class fee \$25. Please register by August 1st.

Beginning Genealogy F 10am Board Room
Have you ever wanted to learn how to start tracing your family history? Suzanne Guinn will instruct methods including paper and computer. Class fee \$25. Please note no class on August 8th. Register at front desk by July 30th.

Bingo F 1pm-2:30pm Game Room B
Blood Drive Aug 4th 10:00am-2:00pm Game Room A
Community Blood Bank of the Ozarks will host this drive. Donors will receive a free cholesterol screening.

Book Club Aug 26th 2pm-3:30pm Poolside Room
Meet to discuss a monthly book and pick the next one.
Bridge Club W 1pm Game Room B
Bunco Aug 21st 1pm Game Room A
Everyone welcome. Cost is \$2. Have a chance to win gift certificates.

Caregiver Support Group Aug 21st 10am-11:30am Multipurpose Room
Encouragement & support for caregivers of those with dementia. Facilitated by Home Instead.

Computer Q & A Aug 12th & 26th 11am-1pm Board Room
Got a computer, tablet, or phone question you need answered? Come and visit with computer instructors Mike and Donna Simmons and they'll help you figure it out!

Crochet Together W 1pm Multipurpose Room
Enjoy crocheting with others. All levels welcome!

Duplicate Bridge T 12-4pm Game Room B
Duplicate Bridge F 12-4pm Game Room A

First Thoughts Writing Group Aug 11th & 25th 10:30am Art Room
Sandra Woodruff facilitate this group to encourage writing of any style. Beginners are encouraged to participate.

Garden Volunteer Meeting Aug 14th 11am Multipurpose Room
Share your gardening skills with us and help us keep the AWC garden looking beautiful!

Handmade Card Class August 12th 1pm Art Room
Learn to make three different cards with Sara Paschal. Supplies provided. Class fee \$10. Please register by August 8th.
Health & Fitness Screening Aug 19 10am-12pm Board Room
Come and have your blood pressure, weight, & BMI tested. Sponsored by New Hope Health & Rehab.

Intro to Improv Aug 19th 4pm Game Room A
Learn techniques to be creative and spontaneous with improve! This will be a fun workshop. Taught by instruction Arianne Ellison. Please register by Aug 15th.

Japanese Watercolor Painting (Starts Aug 8th) F 1pm Art Room
Sandra Woodruff brings you a new twist on watercolor painting with the Japanese method. Class fee \$20. Supply list available at front desk.
Jewerly Making: Autumn Leaves TH Aug 14th 1pm Demo Kitchen
Suzanne Guinn leads this class and will teach how to make your own polymer autumn leaves necklace. Class fee \$35. All supplies included. Please register by Aug 11th.

Lifewriting TH 1pm-3pm Multipurpose Room
Join others who are writing the stories of life: one's own reminiscences or memories of community, friends, or family. New writers are always welcome and can contact June Jefferson, facilitator, at 790-2588 or jjefferson@arkansasusa.com.

Line Dancing M F 9am-11am & W 5pm Dining Room
9am-10am Beginner, 10am-11am Advanced.
Mah Jongg Lessons M 10am-12pm Multipurpose Room
Learn how to play this popular Chinese tile game. Class fee \$10. Please register by August 1st.

Member Meeting Aug 28th 10am Game Room A
Visit with AWC staff about any questions or suggestions you have
Mercy Lunch & Learn: Dr. Gannon Randolph Aug 20th 12pm Dining Room
Dr. Randolph will be speaking about back injuries and preventative care. Please register by Aug 15th.
New to Medicare Lunch & Learn Aug 27th 11am Dining Room
Tricia Alexander from Village Insurance Agency will present information for people turning 65 and about to get on Medicare. Please register by Aug 22nd.

Northwest Lunch & Learn: Dr. Danielle Richards Aug 13th 12pm Dining Room
Dr. Richards is the Director of the ER and will discuss Emergency Room medicine. Please register by Aug 8th.

Open Dominos M 1pm–3:30pm Demo Kitchen
Open Dominos W 9:30am-12pm Demo Kitchen
Open Hand & Foot TH 1pm-4pm Demo Kitchen
Open Loom Knitting T 10am-12pm Art Room
Open Mah Jongg M 1pm-4pm Multipurpose Room
Open Mah Jongg TH 12pm-4pm Board Room
Open Scrapbooking F 9am-12pm Art Room
Open Woodcarving TH 10am-12pm Art Room

Parkinson’s Support Group Aug 6th 1pm Dining Room
Monthly support group for Parkinson's patients & family members.

Pickin’ Circle T 1pm Dining Room
Play an instrument? Come and pick together for the afternoon. All levels are welcome!

Pinochle M 12:30pm–3:30pm Game Room B
Pinochle F 3pm-6pm Game Room B
Pinochle Lessons F 1:30pm-2:30pm Board Room
Learn the basics to playing Pinochle. Class is free. Register by July 30th. Instructed by Margot Tarcikowski.

Open Basket Weaving Aug 26th 12:30pm Art Room
Bring a project you've been working on and Instructor Debbie Hurd will be here to help you as you finish it. Enjoy weaving together!

Pottery M 4:30pm Art Room
Instructor, Joseph Meyer, will help students learn to craft their own pottery pieces. Class fee \$50. Register by August 1st.
Quilting Club Aug 6th & 13th 1pm Arts & Crafts Room
Come quilt with others and learn tips from other quilters.

Red Hats Tontitown Winery Tour Aug 13th 11:30am
Car pool from AWC at 11:30am SHARP! We will have lunch at Las Palmas first. Afterwards we will have a tour of this small local winery and a free wine tasting. No charge for the wine tour.

Women & Investing Lunch & Learn Aug 5th 11am Dining Room
Lou Mahaffey from Thrasher & Chambers will present information specifically for women as they invest for retirement. Please register by July 31st.

Zumba T&TH 8:15am Saturdays at 8:15am Dining Room
Led by Lilia Gamez, Zumba uses latin music and dance for a fun, effective workout. Class fee is \$25 for T/TH and \$15 for Saturdays.